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Subject: Naval Service Medical News (NSMN) 94-27

R 220426Z JUL 94 ZYB
FM BUMED WASHINGTON DC//00//
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-27)//
POC/CAPT P.C. BISHOP/-/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)653-
1315/TEL:DSN 294-1315//

RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(940212)-Pensacola Holds Mobilization Awareness Week
(940213)-NMCL Seattle Closes After 56 Years of Service
(940214)-NMCL Kings Bay Nurse Honored for Heroism
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-- Hotel Support for AMSUS' 101st Annual Meeting

HEADLINE: Pensacola Holds Mobilization Awareness Week
NAVHOSP Pensacola, FL (NSMN) -- Naval Hospital Pensacola personnel are currently deployed throughout the world. To increase awareness of this vital part of its mission, the hospital sponsored "Mobilization Awareness Week" through 8 July.

Personnel assigned to the hospital, and its seven Branch Medical Clinics, are routinely tasked to augment operational forces and overseas commands as part of their contingency assignments.

Currently, several hospital staff members are deployed, awaiting deployment, or are on alert for possible deployment.

"Mobilization Awareness Week is designed to increase our

readiness and the awareness of our staff and those we serve of our responsibility to augment operational and medical support units throughout the world," said Commanding Officer CAPT Marion Balsam, MC.

In order to demonstrate commitment to our operational requirements, those 551 personnel assigned to mobilization billets -- from the Naval Hospital and its Branch Medical Clinics -- wore camouflage uniforms during this week "to remind us and the community we serve of our primary mission as well as to develop esprit de corps," said Balsam.

Naval Hospital personnel are currently deployed aboard the hospital ship USNS Comfort (T-AH 20), as well as with units in the Caribbean, Bahrain, Quantico, VA, and Great Lakes, IL.

Twelve personnel currently are standing by in an alert status to deploy to Guantanamo Bay, Cuba, to assist with the Haitian migrants on board that base. A physician will soon deploy with the dock landing ship USS Tortuga (LSD 46) on an operational mission.

And, later this summer, 10 Naval Hospital personnel are scheduled to deploy to a field hospital at Zagreb, Croatia -- with another nine on alert status -- as part of the United Nations' efforts in that part of the world.

The Naval Hospital also supports Mobile Medical Augmentation Readiness Team (MMART) Seven, which rotates quarterly on an alert status, and is capable of deploying in 48 hours for up to 180 days.

Since October 1993, Naval Hospital Pensacola personnel have provided more than 650 work-days to operational deployments, and an additional 750-plus work-days of operational training.

There are more than 88,000 beneficiaries -- active duty, retirees and family members -- in Northwest Florida, Alabama and Mississippi who are eligible for care at the Naval Hospital or its Branch Medical Clinics at Naval Air Stations Pensacola, Whiting Field, Corry Station and Panama City, FL, and Meridian, Gulfport and Pascagoula, MS.

-USN-

HEADLINE: NMCL Seattle Closes After 56 Years of Service

NMCL Seattle (NSMN) -- On 31 May 1994, after 56 years of active service, Naval Medical Clinic Seattle was officially disestablished in accordance with the Base Realignment and Closure (BRAC) Commission.

Over the years, the clinic often referred to as "Sandpoint" functioned alternately as a Naval Dispensary, Station Hospital and Regional Medical Clinic until 1989, when it became a free-standing echelon 4 command under commander, Naval Base Seattle.

A disestablishment ceremony, presided over by base Commander RADM Richard Ridell, was held 24 May. The order was read by CDR Michael L. McDonald, MSC, the clinic's final commanding officer.

-USN-

HEADLINE: NMCL Kings Bay Nurse Honored for Heroism

NMCL Kings Bay, GA (NSMN) -- LT Jennifer Vedral-Baron, NC, a staff nurse assigned to Naval Medical Clinic Kings Bay, was

recently presented the Navy Achievement Medal for her heroic actions earlier this year.

On the morning of 5 May, while traveling on I-95 from Jacksonville, FL, to Kings Bay, Vedral-Baron stopped to render basic life support measures to a victim of a motor vehicle accident. The victim had been thrown from the automobile at a high rate of speed, sustaining multiple injuries.

As the first responder on the scene, Vedral-Baron initiated the emergency call to 911, then aggressively and efficiently began treatment for shock. Finding the victim had no spontaneous respirations and pulse was absent, she instituted CPR (cardiopulmonary resuscitation).

When the paramedics arrived on the scene to transport the victim to a local trauma center, a pulse had been reestablished. Vedral-Baron's selfless initiative, quick actions and clinical expertise were above and beyond the call of duty.

Story by CDR D.E. Garner, MSC

-USN-

HEADLINE: Medical Corps Officer Honored by NASA

USUHS Bethesda (NSMN) -- The National Aeronautics and Space Administration recently honored CDR Donald R. Mason, MC, for his service as a member of the U.S. Naval Hospital Rota, Spain, Space Shuttle Support Team.

The hospital's Shuttle Support Team typically consists of two physicians, a nurse, an administrator, and emergency medical technicians for each astronaut aboard the shuttle. The team travels to the U.S. Air Base at Moron, Spain, for each shuttle mission. Moron is an alternate landing site in case of any emergency that may occur during the initial minutes of a launch. The hospital team is trained in medical issues specific to space flight and is placed on stand-by in case of medical emergencies.

Mason currently serves as chief, Family Practice Department, and chief, Medical Services, at USNH Rota.

Story reprinted from the June 1994 FYI, the alumni magazine of the Uniformed Services University of the Health Sciences.

EDITORS NOTE: NSMN 94-25 of 15 July included a feature on the mission of Rota's Space Shuttle Support Team.

-USN-

HEADLINE: Hope for Kids

NMCL Philadelphia (NSMN) -- "Hope for Kids" is a health promotion program spearheaded by Philadelphia's Hope Foundation and the Philadelphia Department of Health. The goal of the program is to provide childhood immunizations or vaccinations to underserved children in the city of Philadelphia.

Medical volunteers were requested in late April to administer the immunizations. Eight hospital corpsmen from Naval Medical Clinic Philadelphia answered the call for help. On 23 and 30 April, more than 1,000 vaccinations were administered to 300 children by HM1 Larry Gilbert, HM2 Adelina Gautreau, HM2 Barbara Cooper, HM2 Janet Greving, HM2 Kurt Wentzell, HM2 Thomas Campbell, HM3 Larry Conway and HN Jeanne Meade.

Parents were advised on the importance of continuing with

childhood immunizations to prevent childhood diseases and shot records were updated or established as necessary. All the vaccines used for the Hope for Kids Program were donated by local area corporations.

Story by HM1 D. Versprill

-USN-

HEADLINE: Child Safety Seats Sold by AAFES Recalled

NNS Dallas (NSMN) -- A child safety seat sold in Army and Air Force Exchange Service stores is one of two being recalled by the National Highway Traffic Safety Administration. The Navy Exchange System does not sell either of the safety seats mentioned in the recall.

The Renolux GT7000 remote-control does not meet federal standards for flammability, said AAFES officials. The Cosco Dream Ride Seat, which AAFES does not sell, also failed to meet the standard, officials said.

Since no injuries have been reported because of the seats, NHTSA officials are urging parents to continue using them until a replacement is available.

AAFES customers in the continental United States can arrange for a free replacement by calling 1-800-476-5273. Overseas customers can get a replacement by sending their mailing address and the car seat's motor cutoff cord to: RENOLUX, 1 Freedom Court, Greer, S.C. 29650.

Story from Navy News Service 035/94 of 15 June 1994.

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HEADLINE: CHAMPUS BRIEFS

SUBHEAD: Dental Plan Will Increase Premiums 1 October

NNS - OCHAMPUS Aurora, CO (NSMN) -- The Defense Department's Active Duty Dependents Dental Plan will increase its monthly premiums on 1 October. The new premiums will be \$10 for one enrolled active duty family member, and \$20 for active duty sponsors with two or more enrolled family members. The increases are 35 cents and 70 cents respectively.

Active duty military sponsors will see the increase reflected in their September Leave and Earnings Statements.

This premium increase is the first in more than a year and a half. The government, which picks up 60 percent of the total costs of the plan for enrolled families, will pay a larger portion of the overall premium increase.

The Active Duty Dependents Dental Plan covers the full cost of diagnostic services (exams, cleanings, X-rays) and 80 percent of basic restorative procedures (such as fillings) and sealants. It pays 60 percent of the costs of more complex services, such as endodontics (root canals), periodontics (gum surgery) and oral surgery (extractions, etc.). The plan pays 50 percent of the costs of prosthodontics (crowns, dentures and bridges) and orthodontics (braces for family members through age 18). Coverage is subject to certain limitations.

Families who go to one of the more than 117,000 dental offices nationwide that participate in the Active Duty Dependents Dental Plan won't be charged more than the required co-payment

(if any) for services covered by the plan. Participating dentists will be paid directly by DDP*Delta, the contractor that operates the program for the government. Family members may also be treated by any licensed dentist of their choice, but they may be charged more for the care and may have to file the claims with DDP*Delta themselves.

For more information about the Active Duty Dependents Dental Plan, see the Health Benefits Advisor at your nearest military medical treatment facility, visit your local military dental treatment facility, or call (916) 381-9368 (West of the Mississippi), or (810) 489-2240 (East of the Mississippi).

Story from Navy News Service 039/94 of 29 June 1994 and a 16 June news release from OCHAMPUS (Office of Civilian Health and Medical Program of the Uniformed Services) Public Affairs Branch

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SUBHEAD: Defense Department Adds New TRICARE Sites

OCHAMPUS Aurora, CO (NSMN) -- CHAMPUS has added seven new sites to its list of locations where TRICARE managed care programs are operating for military families.

The sites are all at military installations that have either recently closed, will close soon, or will undergo realignment under the Defense Department's Base Realignment and Closure (BRAC) program. They are: Loring Air Force Base, IN; Chanute Air Force Base, IL; Wurtsmith Air Force Base, MI; and the Delaware Valley, which includes Fort Dix and Fort Monmouth, NJ, and Naval Medical Clinic Philadelphia. The TRICARE program began in these areas 1 March 1994.

TRICARE handbooks were mailed to each household in each of the seven sites. The handbooks included a directory of network providers for the specific area and will be updated periodically.

The TRICARE program offered at these BRAC sites consists of TRICARE Extra -- a "preferred provider network" of hospitals, physicians and pharmacies who provide health care services with no paperwork and at lower costs to patients. TRICARE basic (standard CHAMPUS) benefits are also available at the patient's option from any CHAMPUS-authorized health care provider. Standard CHAMPUS cost-shares, deductibles and claim filing rules apply.

Under the TRICARE pharmacy plan, former CHAMPUS-eligible persons who are now covered by Medicare (age 65 and over), and who live in the ZIP Code service area (roughly a 40-mile radius) around base closure sites, may buy prescription drugs from a network pharmacy and receive CHAMPUS prescription benefits.

Families don't have to enroll in the program. The CHAMPUS contractor for these locations, AdminaStar Defense Services, Inc., will apply the discounted amount to services received from a TRICARE network provider.

For more details about TRICARE Extra in the Delaware Valley, contact the TRICARE Service Center at 1-800-229-0918; or, contact the CHAMPUS contractor, AdminaStar Defense Services, at 1-800-842-4333.

Persons who live near Loring, Fort Devens, Fort Benjamin Harrison, Grissom, Chanute and Wurtsmith should contact

AdminaStar at 1-800-842-4333.

Story by OCHAMPUS Public Affairs

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SUBHEAD: Using CHAMPUS Toll-Free Telephone Lines

MCNEWS Washington (NSMN) -- CHAMPUS claims processing contractors provide toll-free telephone lines for use by CHAMPUS-eligible family members and their military sponsors. The toll-free numbers are accessible 24-hours a day, with automated answering systems that can also provide basic information about claims after normal business hours.

It's usually easier to get through on the toll-free lines during "non-peak" hours -- before 0900 and after 1430, Tuesday through Thursday. Be aware that the lines will often be busy, and a caller might have to try several times before getting through.

You don't need to follow up on a claim with your regional CHAMPUS contractor until at least a month after you've filed the claim. That's about the time it normally takes for mailing both ways, and for processing a claim that has been filled out completely and correctly, and that doesn't encounter any "stumbling blocks" (such as questions about the patient's eligibility) on its way to completion.

Story from Marine Corps News 20-94, 18 May 1994

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HEADLINE: HEALTHWATCH: Dining Out Guide Offered By AHA

AHA Dallas (NSMN) -- Americans love to dine out. And more and more they are looking for food that is both healthful and tasty when choosing a restaurant or menu item.

The American Heart Association is offering a free pamphlet to help Americans do just that: choose foods that are delicious as well as nutritious. "Dining Out: A Guide to Restaurant Dining" helps you select foods that are low in fat, cholesterol, sodium and calories.

General tips help you identify hidden fats, cholesterol, etc., and teach you how to order healthful alternatives, whether they be appetizers, entrees, desserts or side dishes. And you'll find plenty of food choices -- once you know how to order. Even fast food restaurants and steakhouses offer acceptable fare.

This guide is for anyone who eats away from home. For your free copy of "Dining Out," send a stamped, self-addressed business-sized envelope with your request to your nearest American Heart Association office.

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3. Changes of Command: Information on new assignments of Navy Medical Department leaders.

HEADLINE: NMCL Annapolis Change of Command

NMCL Annapolis (NSMN) -- On 29 July 1994, CAPT Alan W. Frost, MSC, will be relieved as commanding officer of Naval Medical Clinic Annapolis. His relief is CAPT R. Tom Sizemore III, MC, formerly the commanding officer of Naval Medical Clinic

Philadelphia. Sizemore was graduated from the U.S. Naval Academy in 1972.

The ceremony will take place at 1400 in Alumni Hall on the U.S. Naval Academy grounds. Music will be provided by the U.S. Naval Academy Band, and Academy Superintendent RADM Thomas C. Lynch will be the guest speaker.

CAPT Frost's next assignment will be at the Bureau of Medicine and Surgery.

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HEADLINE: NDC Camp Lejeune Consolidation and CoC

NDC Camp Lejeune, NC (NSMN) -- In a ceremony on 19 July, the Naval Dental Center Camp Lejeune received a new commanding officer and command senior chief.

CAPT Charles D. Ferguson, DC, relinquished command of NDC Camp Lejeune to CAPT Joseph M. Werrell, DC, who previously served as commanding officer, 2d Dental Battalion, 2d Force Service Support Group, U.S. Marine Corps Forces Atlantic, based at Camp Lejeune.

DTC Kathleen M. Beers turned over the command chief billet to DTCS Laura B. Makolandra.

The ceremony also marked the total consolidation of 2d Dental Battalion and NDC Camp Lejeune.

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HEADLINE: San Diego's RADM Sanford Transfers to BUMED

NNS Washington (NSMN) -- Flag moves announced 8 July by the Navy Department included the transfer in August of RADM Frederic Sanford, MC, commander of Naval Medical Center Oakland, CA, to the Bureau of Medicine and Surgery where he will be Assistant Chief, Operational Medicine and Fleet Support.

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4. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 20-24 July 1994, 22nd National Naval Officers Association (NNOA) Conference, San Diego. Call 1-800-772-6662 for information; Navy POC is CDR Ronald Keys at (703) 697-8554, DSN 227-8554.

-- 25-29 July 1994, Eighth Annual Sports Medicine Conference, San Diego. For information, contact the University of California, Office of Continuing Medical Education, (619) 534-3940.

-- 25-28 July 1994, Senior Enlisted Conference, Hyatt Regency Crystal City in Arlington, VA. For information, contact DTCS(AW/SCW) Frank Passion at (202) 653-1148, DSN 294-1148 or e-mail nmc0ftp@bumed40.med.navy.mil.

-- 1-12 August 1994, Operational Entomology Training, Navy Disease Vector Ecology and Control Center, Jacksonville, FL. For information, contact the DVECC Training Department at (904) 772-

2424, DSN 942-2424, FAX (904) 779-0107.

-- 10-12 August 1994, World War II in the Pacific, Hyatt Regency Crystal City, Arlington, VA. Sessions include two on medicine (Combat Medical Support and Amphibious Warfare Medical Support), and one of the featured speakers will be an Army nurse (Ruby Bradley). For information, call (703) 836-6727.

-- 16-22 September 1994, International Conference on Physician Health, Ottawa Westin Hotel, Ottawa, Ontario, sponsored by AMA's Physicians Health Foundation. Call 1-800-621-8335 for information; registration deadline is 10 August 1994.

-- 21-22 September 1994, Fourth Annual Symposium on Health Care Ethics, Naval Air Station Glenview, IL. Sponsored by NavHosp Great Lakes, Bioethics Committee. For information call CDR F.E. Rodriguez, NC, Bioethics Committee Chair, at (708) 688-5929, DSN 792-5929.

-- 1-5 October 1994, the Seventh Annual Surgeon General's Leaders' Conference, Reston Hyatt Town Center Hotel, Reston, VA. A naval message with more details will be released shortly.

-- 17-28 October 1994, Operational Entomology Training, Navy Disease Vector Ecology and Control Center, Jacksonville, FL. For information, contact the DVECC Training Department at (904) 772-2424, DSN 942-2424, FAX (904) 779-0107.

-- 13-18 November 1994, Association of Military Surgeons of the United States' Annual Meeting, "Unity Through Diversity," Orlando, FL, (301) 897-8800.

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HEADLINE: Third Annual IDC Symposium a Big Hit

NAVHOSP Bremerton, WA (NSMN) -- Naval Hospital Bremerton recently sponsored their Third Annual Independent Duty Corpsman (IDC) Symposium. The symposium was initially conceived by HMCM(SS) Dalzell and HMCS(SS) Johnson and was created to assist in the continuing education of IDCs by presenting up-to-date medical information.

Subjects in the Third Annual Symposium ranged from Desert Storm/operational medicine to ocular emergencies to AIDS.

NAVHOSP Bremerton supported the symposium by supplying medical and dental officers to instruct during the lectures and workshops. This year, the symposium was extended to three days, with each IDC receiving 20 continuing education units for participating.

Of the 22 IDCs attending, four came from Naval Hospital Bremerton, seven from outlying clinics, and 11 from the submarine and surface fleet communities.

Story by ENS K. Scroggs, MSC, USNR

-USN-

HEADLINE: Orlando Hosts AMSUS' 101st Annual Meeting

AMSUS Bethesda, MD (NSMN) -- "We're very excited with the Orlando, FL, site for this year's Association of Military Surgeons of the United States' Annual Meeting," said General Chair RADM Roger Triftshauser, DC, USNR. "With all the special programs and attractions, it really supports the meeting's theme of 'Unity Through Diversity.' That's exciting."

The 101st Annual Meeting of AMSUS will take place 13-18 November.

"We are expecting more than 6,000 military and federal physicians, dentists, veterinarians, nurses, administrators and enlisted members to attend the six-day meeting," said AMSUS Executive Director Lt Gen Max B. Bralliar, USAF (Ret.), MC. "Interest is very high because of all the changes in health care, not only within the federal sector but around the nation," he said, and "we believe the special emphasis on operational medicine, readiness and health reform will contribute to everyone's professionalism."

"AMSUS has made arrangements with 13 hotels around the meeting site," noted Triftshauser, "but it is helpful if members make their reservations early; it will make the meeting go smoother." The Clarion Plaza Hotel is the headquarters for this year's meeting.

Former U.S. Surgeon General C. Everett Koop, M.D., is the scheduled keynote speaker. Koop will be joined by the chiefs of each of the military and the federal services health care organizations in giving major addresses during the core program.

Organized in 1891, AMSUS was chartered by Congress in 1903 and is composed of members of the military services, the Public Health Service and the Department of Veterans Affairs. Members are represented by AMSUS in the Council of Military Organizations and the Military Coalition. These organizations, with a combined membership of more than 3.5 million, support legislation on behalf of all active duty, retired, veteran and federal health professionals.

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SIDEBAR: Hotel Support for AMSUS' 101st Annual Meeting

The Association of Military Surgeons of the United States will hold its 101st Annual Meeting, 13-18 November, in Orlando, FL. For maximum assess to program events, AMSUS members and other interested guests should make hotel accommodations on the AMSUS Official Housing Form mailed to all members in July. Other interested parties (non-members) can obtain the housing form by calling the AMSUS Headquarters at (301) 897-8800. The form must be processed by the Housing Bureau at the Orlando Convention and Visitors Bureau.

Do not call the hotels directly.

Shuttle buses will be available from hotels arranged by AMSUS to and from the convention site.

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5. Events and observances, 25 July - 10 August and important dates for August from the Bureau of Naval Personnel:

JULY

25 July 1944: Allies break out of Normandy beachhead

27 July 1789: U.S. State Department established

31 July: O-6, O-7 and O-8 FitReps (Active and Reserve) Due

AUGUST

National Head Lice Prevention Month (National Pediculosis Association, 1-800-446-4NPA or 617/449-NITS)

1 August 1907: U.S. Air Force Founded
2 August: VOTE! Kansas, Michigan and Missouri Primaries
3 August 1790: U.S. Coast Guard Founded
4 August 1947: Navy Medical Service Corps Birthday
4 August: VOTE! Tennessee Primary
5 August 1864: Battle of Mobile Bay; Admiral Farragut's famous statement, "Damn the torpedoes! Four bells! ... full speed."

7 August 1789: U.S. War Department Created (forerunner of the Defense Department)

7 August 1782: George Washington founded "Order of Purple Heart"

9 August: VOTE! Colorado Primary

BUPERS AUGUST CALENDAR

8 August: Reserve LT Line board convenes

10 August: Night Detailing until 2200 ET

11 August: Requests for augmentation due to Pers-251
(October Transfer-Redesignation Board)

15 August: Active O-3 NC, MSC boards convene

22 August: Active O-4 Line Continuation board convenes

24 August: Night Detailing until 2200 ET

29 August: Reserve CWO3 and CWO4 boards convene

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6. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793; DSN 294-0793. FAX (202) 653-0086; DSN 294-0086. E-MAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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